



Welcome to the Awakened Minds Insight Program! Using the Insight CD will bring about dramatic improvements in your life and well-being. You'll gradually begin to feel stronger and renewed, energized and more at peace with yourself. You'll begin to experience a sense of self-awareness like nothing you've ever experienced before as you explore higher levels of consciousness.

Prior to listening to the Insight CD for the first time, please read the instructions included in the printed CD insert.

*We encourage you to ease yourself into listening to the CD. It is best to start by listening only to the first track, Journey, for the first seven to fourteen days, then begin to listen to multiple tracks only after you have gradually eased yourself into using the audio technology.*

Through feedback from many program participants, we've also compiled a list of some of the most common questions new participants encounter:

- **Do I need any special equipment to listen to the Awakened Minds audio technology?**

The Awakened Minds audio CDs utilize binaural audio technology, which requires the use of stereo headphones to be effective, but any stereo headphones will work just fine. You do not need to purchase expensive headphones for the technology to have an effect.

- **Will I be able to hear the binaural beat tones?**

The sounds of rain are used to mask the sound of the binaural tones and to provide the most pleasant listening experience possible. The tones used to create the binaural beats are set at a level just below the sound of the rain. On occasion, you might hear the slightest vibration, a very deep soft sound that lasts only for a brief moment. This occurs whenever the intensity of the binaural frequencies is heightened. You should not increase the volume of your CD player. Instead, keep the volume at a comfortable setting where the sound of the rain is soothing and not too loud.

- **When is the best time of day to listen to the Insight CD?**

The best approach is to get yourself into the habit of listening daily. Select a time of day that is convenient for your personal schedule, then make a point of listening once per day for at least the minimum 24-minute session. You may listen to the Insight CD while awake, for relaxation and stress reduction, or for incredibly deep meditation and exploration of consciousness, or listen while drifting off to sleep at night, for dream exploration or deeply relaxing and refreshing sleep. Most listeners achieve the highest level of effectiveness when listening while awake.

- **How often should I listen to the Insight CD?**

We encourage you to ease yourself into listening to the CD. It is best to start by listening only to the first track, Journey, for the first seven to fourteen days, then begin to listen to multiple tracks

only after you have gradually eased yourself into using the audio technology. After the first couple of weeks, you may listen to the Insight CD more often than the suggested 24-minute minimum session, but listening should be limited to no more than two-and-a-half hours per day. Listening for more than the maximum recommended time of two-and-a-half hours per day could potentially cause the listener to feel overwhelmed.

- **Which CD track should I use?**

The Insight CD is composed of three separate tracks. Each track is 24 minutes long. You have the option of listening to only Track 1 (called *Journey*) each day, for a 24-minute listening experience, or listening to multiple tracks combined, for a longer listening experience.

During each listening session, you should always listen to Track 1, *Journey*, first. The *Journey* track guides your mind into a deeply relaxed meditative state. Track 2, called *Exploration*, and Track 3, called *Insight*, both begin in a deeply meditative frequency range and therefore should only be listened to after you have listened to Track 1 completely. You should never listen to Track 2 or Track 3 alone, since the effect will be diminished.

You may use Track 1 on its own, or you may mix and match tracks for a longer listening session. Possible track combinations would be:

***When using two tracks in a single listening session:***

Track 1 + Track 2 (best combination for evening)

Track 1 + Track 3 (best combination for morning)

***When using three or more tracks in a single listening session:***

Track 1 + Track 2 + Track 3

Track 1 + (Track 2 played up to 5 times consecutively)

Track 1 + (Track 2 played up to 4 times consecutively) + Track 3

If you would like to listen to two tracks per day but would prefer to separate your listening time into two 24-minute listening sessions rather than listening to two tracks in a single 48-minute listening session, you may also listen to Track 1 once in the morning and listen to Track 1 again in the afternoon or evening.

- **What should I do or think about while listening to the Insight CD?**

When you first begin using the Insight CD, the best answer to this question is to do nothing but sit back and relax. When listening while awake, the ultimate goal is to ease the body into a deeply relaxed meditative state while the mind or consciousness remains awake. Even when listening while awake, it is always best to sit comfortably in a dark or dimly lit room with your eyes closed throughout your listening session.

Begin by focusing on your breathing, taking slow deep breaths while gently telling yourself to relax. This is often the best technique for easing yourself into your listening session. Aim for a relatively slow relaxing pace that is comfortable for you. Continue to focus on your breathing for at least two to three minutes.

Once you feel relaxed, we recommend repeating a brief list of positive affirmations to yourself in

your mind. The following affirmations have been used successfully by many of our participants:

- *I am filled with energy and vitality.*
- *Success and prosperity flow to me.*
- *I am overflowing with creativity and new ideas.*
- *I open myself to higher consciousness.*

More information about affirmations is available in the *Insight CD Techniques* section of our web site. Using other breathing, focusing, or visualization techniques during your listening session may also enhance the experience. Please visit the *Insight CD Techniques* section of our site to learn about many different techniques you can incorporate into your listening session. The *Insight CD Techniques* section may be reached via the following link:

<http://www.awakenedminds.com/insighttips.shtml>

- **How long before I begin to notice any effects from using the Insight CD?**

Often, the experience is a gradual one, with small changes becoming noticeable early and larger changes beginning to reveal themselves further along. Every individual is at a different stage in life and has different needs and goals, and therefore each individual is different and responds in their own way and at their own unique pace. Using other techniques to enhance your listening experience may also encourage results and benefits to manifest earlier. Please visit the *Insight CD Techniques* page of our web site for suggestions.

Listening to more than just the minimum 24 minutes per day is recommended after the first 7-14 days of listening because it will decrease the timeframe in which effects begin to become noticeable to you, but we encourage listeners not to overdo it. Please be sure to keep your total daily listening time within the maximum recommended listening time of two-and-a-half hours per day.

- **Can I still continue my current personal growth or meditation practices while using the Insight CD?**

The Insight CD may be used in conjunction with almost any other meditation or personal growth strategy you may already be using. In fact, the *Tips & Techniques* section of our website provides information and suggestions for other techniques you can combine with your listening session to enhance the experience.

Additional information, along with a [Frequently Asked Questions](#) section, is available on our web site. It is our goal at Awakened Minds to help you become the best person you can be. Our support staff is available to assist you via telephone, email, or through the support section of the online Message Forum. If you have any questions or comments whatsoever, please don't hesitate to contact us. We wish you the best of luck in your personal journey toward achieving your full potential!